

HP Program ACTIVITIES in 1998
from a large Amphib (1000+ crew)
Smaller commands may have fewer activities
and/or less diversity of Health Promotion activities.

Summary of Activities

Your planned activities will address the specific goals based on the health needs of your command.

Three different categories of activities (the “wave” strategy: Awareness, Education, Intervention) address the different levels of individual readiness to change certain life habits to improve health.

Awareness

To raise awareness; directed at individuals not yet aware they are at risk for a health problem

- Great American Smoke-out
- High blood pressure screening
- Cholesterol screening
- Weekly POD notes
- Variety of posters promoting tobacco cessation, good nutrition and fitness
- Variety of pamphlets in Health Promotion rack and Chaplain’s Office
- Flyers advertising recommended texts available in the ship’s library

Education

Directed at individuals who are ready to learn about how to stay healthy, prevent health problems, and make changes in life habits to improve health

The classes noted in the following list are all one-hour information sessions designed to increase knowledge on various Health Promotion and Preventive Medicine topics. All classes are taught by personnel who attended the Health Promotion at the Deckplates Training course. Each class utilizes the Lesson Training Guides, slides and videotapes provided through the course

- Take Care of Yourself
- Healthy Heart
- Stress Management
- Anger Management
- Nutrition
- Men’s Health
- Women’s Health
- Tobacco Awareness
- Injury Prevention
- Fitness
- Sexual Responsibility
- Alcohol Awareness
- Hypertension Awareness
- Suicide Prevention

The following displays and models are used as educational tools to augment the classes noted above.

- Smoking tri-fold display
- Smokeless Tobacco tri-fold display
- “Mr. Gross Mouth” model
- “Death of a Lung” model
- STD tri-fold display
- Obesity tri-fold display
- Plastic food portions
- Variety of Health Promotion videos
- Variety of reference texts available in ship’s library

Intervention

Directed at those ready to change life habits to improve health and decrease health risks

- Tobacco Cessation Workshop

A four part course which utilizes the Prochaska and DiClemente Stages of Change model to assist participants in overcoming nicotine addiction and emphasizes behavior modification as a means to achieving total wellness and remaining tobacco free for life.

- Weight Management Workshop

A four part course which educates each participant about the necessity of good nutrition, cardiovascular fitness, exercise and proper rest. This course is designed to assist the participants in learning effective and safe ways to lose weight while developing a healthy lifestyle.

- Cholesterol Control Workshop

This one-hour course is designed to emphasize the importance of maintaining a healthy blood cholesterol level through proper diet and exercise. The dangers of ignoring high blood cholesterol are also discussed. Follow-up lipid panels for members with blood cholesterol levels greater than 200 mg/dl are required to ensure improvement.

- Hypertension Management Workshop

This one-hour course is intended for members who have been diagnosed with high blood pressure or who have a strong family history of hypertension. The course emphasizes the dangerous consequences of uncontrolled hypertension and discusses the many ways to effectively manage high blood pressure and reduce the risk of developing complications. Individual counseling is required for follow-up.